



# THE HULL & EAST RIDING KARATE ACADEMY

## Certificate of Achievement 2016

### Sporting Excellence in Karate

### National Level

## Francis Tiplady

This is to certify that Francis Tiplady has achieved the standard of Sporting Excellence in Competition Sport Karate in both Kata and Kumite. Francis competed at National Championships throughout England in 2016 winning the medals and titles listed below:-

### Championship Success - 7 Gold 2 Silver 1 Bronze

**Yorkshire Open Championships** - 21<sup>st</sup> February, Barnsley  
Silver - Individual Kata

**Shindo Kai Junior Championships** - 13<sup>th</sup> March, Barnsley  
Gold - Individual Kata  
Bronze - Individual Kumite

**Shindo Kai Kata Championships** - 3<sup>rd</sup> July, Barnsley  
Gold - Individual Kumite  
Gold - Team Kumite  
Gold - Team Kata

**North of England Championships** - 23<sup>rd</sup> October, Sheffield  
Gold - Individual Kata  
Silver - Individual Kumite

**Shindo Kai National Championships** - 20<sup>th</sup> November, Barnsley  
Gold - Individual Kata  
Gold - Team Kata



The Hull & East Riding Karate Academy is a member of the Shindo Kai Karate Association, an association in the English Karate Federation National Governing Body and member of the British Karate Federation.



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## Francis Tiplady

Congratulations on your sporting achievements throughout 2016. Well done Francis.

Sensei Wayne Clarke 3<sup>rd</sup> Dan  
Head Coach - The Hull & East Riding Karate Academy



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